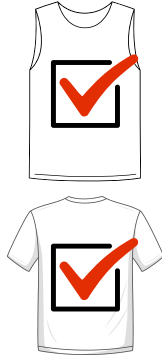




WELLNESS CENTER RULES

1 SHIRTS REQUIRED

No midriff (Sports bras must be covered). Crop tops are fine if they reach the belly button. Shirts are required on the basketball court.



5 AGES 12 & OVER

Ages 12 and up have full access to the Wellness Center upon completion of the youth fitness orientation.

2 DO NOT DROP BARS, WEIGHTS, OR DUMBBELLS

A controlled drop from below the knees is acceptable.



6 ATHLETIC SHOES MUST BE WORN AT ALL TIMES. NO EXCEPTIONS.

No clogs, sandals or other open-toed shoes.



3 NO FOOD ON BASKETBALL COURT

Please enjoy your food & beverages in the lobby. Water only on the basketball court.



7 TAKING PHOTOS OR VIDEO RECORDING IS PROHIBITED



4 WIPE DOWN EQUIPMENT AFTER USE



8 FAMILY TIME

Ages 10 to 11 years must complete youth fitness orientation, and be directly supervised by an adult.